

2019 timetable

M T W T F S

Morning at Wynnum Gym

Pilates (AM) 5.15 - 6.00					
Pilates (AM) 6.30 - 7.15		HIIT & Weights (AM) 6.30 - 7.15		Pilates (AM) 6.30 - 7.15	Bootcamp (AM) 6.00 - 6.45
Pilates (AM) 9.30 - 10.15	HIIT & Weights (AM) 9.30 - 10.15	HIIT & Weights (AM) 9.30 - 10.15	Boxing (AM) 9.30 - 10.15	Pilates (AM) 9.30 - 10.15	
1 on 1's from 10 - 2	1 on 1's from 10 - 2	1 on 1's from 10 - 2	1 on 1's from 10 - 2		

Night at Eastern Suburbs Football Club

	Bootcamp (PM) Easts 5.30 - 6.15	Bootcamp (PM) Easts 5.30 - 6.15	Bootcamp (PM) Easts 5.30 - 6.15		
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Bookings are essential.

0422 359 939

funfitandhealthy.com.au

natalie@funfitandhealthy.com.au



fun, fit and healthy.